



PCA

Porirua City Aquatics

PCA News

July 2016

Diving Ban at Cannons Creek Pool:

Following an incident in May involving a PCA swimmer hitting the bottom of the pool at Cannons Creek after diving into the pool, the Porirua City Council has prohibited all diving at the pool, pending the completion of a full investigation into the incident.

It is appropriate that the incident has been treated seriously and the Club is fully supportive of the Council's investigation.

However, the Club is obviously affected by the current ban and has put forward to the Council its views that the risk involved in diving at Cannons Creek can be managed for Club members through appropriate supervision and technique coaching for both training and competition situations. The Club is now in the process of preparing appropriate documentation in support of this view which will be considered by the Council as part of its investigation.

The Club will be continuing to work closely with the Council with a view to resolving the situation as soon as possible.

Updates will be provided when there is further information available to pass on.

Health and Safety Policy:

The committee at its meeting on Wednesday 14 July approved the updated Health and Safety policy.

This policy includes the hazard register for hazards relevant to club members at Cannons Creek and Arena Pools.

The policy is on the website and all members are required to be familiar with its contents, in particular the procedures that need to be followed to mitigate the risks of activities around and in the pool.

The Road to Rio:

The Road to Rio is a swim challenge organised by the Porirua City Council in support of our Olympians. Can we help to swim all the 11,879km to Rio? Well, we are giving it a great shot!

A challenge like swimming to Rio is a great way of pushing forward as a team. Its a great chance for everyone to help by doing their "bit" while managing all the other parts of our very busy lives.

In May and June our Junior and Senior squads swam a total of almost 4,100km. A further 2,000km or so will no doubt be swum during July - taking PCA's squad contribution to the challenge more than half way. When our club swimmers are added in, it will be a truly impressive achievement. Well done to all of our swimmers, coaches and parents/caregivers too. Keep it up!

The Olympics always manages to "focus" the community on sport and winning. What we each have to remember is that each of you can look back at your sporting career and see what you have achieved – be it simply getting out of bed, committing to doing just that, or getting a qualifying time, the friends you've made, a record, a medal, a ribbon it's yours and no one can take that away from you. Enjoy every moment even when you just can't seem to because of the water in your goggles.

Being successful in sport is not about having talent alone, being able to work hard, listen, adjust your thinking, and have supportive parents but not overwhelming support makes for successful New Zealand sports men and women. Being able to take opportunities when they are offered to you be it in sport or life are all part of what we do each and every day.

(Special thanks to senior squad Coach Nevill Sutton for some of the inspirational comments above and for recording the Senior's distances - thanks to Yvonne Pugh and Coach Robin Cowan for looking after the Junior Squad's records.)

Swim Wellington 2016 Metro League:

This is an inter-club team competition, open to developing swimmers, aged 12 years and under on 30 October 2016.

Swimmers who qualified for the 2016 Juniors Nationals are **not** eligible to enter.

Teams are to have a minimum of 16 and a maximum of 20 swimmers – the age groups are 9 years and under, 10 yrs, 11 yrs and 12yrs.

Events on the programme include 25m and 50m races in all strokes plus relays.

As this is a team competition swimmers will be entered into their races to give the team the best advantage. Swimmers must be prepared to swim these events.

Those expressing interest must be committed to the series.

Dates:

Round 1	Sunday 4 th September Huia Pool 12.30pm
Round 2	Sunday 18 th September Huia Pool 12.30pm
Round 3	Sunday 16 th October Coastlands, Kapiti 9.30am
FINAL	Sunday 30 th October Coastlands, Kapiti 9.30am

If you would like to be considered for our team – list your name on the noticeboard.

Tadpoles Squad:

An opportunity for club swimmers to swim with Robin and the Tadpoles

Vacancies exist in the club's Tadpoles group for term III. The Tadpoles is a technique group coached by Robin Cowan, on Friday nights from 6pm to 6.40pm

Criteria – swimmers must be

- at least 8yrs and up to and including 11yrs
- fully paid up members of the club.
- keen to race and enter meets involving other clubs.
- General

The cost of Tadpole's coaching is \$30.00 for the term. Swimmers continue to swim on Mondays and/or Sunday's with their normal club coach while in the Tadpoles.

At the end of the term swimmers may choose to stay with the Tadpoles for another term, move into one of PCA's Junior squads (Swordfish or Penguins) or continue to swim in the volunteer coaches lanes.

Those interested in joining the Tadpoles or squad swimming in general, should contact Viv, either pool side, or by phone 2347071, or email president@swimporirua.co.nz

Wellington Winter Champs Team Meeting:

(this meeting replaces normal training for qualified swimmers)

When: Wednesday 3rd August
Where: Arena Aquatic Centre
Time: 6pm

This meeting is to talk about the champs, PCA's expectations, officiating, what swimmers/parents should know, what they should bring, scratchings, seating arrangements etc.

All swimmers and at least one parent are expected to attend.

Swimmers, bring your togs – there will be a pool session.

Orcas who have not qualified for the Wellington Champs should train from 4.30 to 5.30pm with Swordfish I.

Race Night – Cannons Creek Pool:

Friday 19th August (6pm warm up for a 6.15 start) is Race Night.

Race Night gives newer swimmers an opportunity to have-a-go, as well as giving others a chance to update their times. PCA is hopeful that the diving ban will be lifted to allow swimmers to dive at race night, but if it hasn't swimmers will need to start in the water.

To enter swimmers need to complete the entry form on the notice board, or email our race secretary at race@swimporirua.co.nz - Entries close on Monday 15th August – late entries will not be accepted.

There will be Best time ribbons for those recording new times or bettering their previous best time/s.

Race night replaces all training sessions on the 19th.

Manawatu Winter Championships. 9 - 10 July

Congratulation to Katie and Sophie Jones who both won medals at the Manawatu Winter Champs held in Palmerston North.

Eleven year old Katie won the Bronze Medal in the Girls 11/12 yrs 100m breaststroke, while Sophie won Bronzes medals in the Girls 10 and under 100m backstroke and 100m freestyle

Meet Reports:

Tawa Signature Meet:

We had a small team attend the Tawa Signature Meet at WRAC on Saturday 18th June.

Although there were only 18 PCA swimmers, it was great to see lots of camaraderie and support for each other and many PB's too.

It was lovely to see Caroline Kaulave and Jacob Reiher come along to support the team even though they had to scratch from racing on the night.

The All Blacks Vs Wales game on the same night may have contributed to a reasonably low turnout from all clubs so it was a quick fire evening with many swimmers finishing a race and going back to marshalling ready for their next race.

As usual everyone coped well with this and for those who achieved one more qualifying time for Wellington Champs, it was all worth it.

Congratulations to Bronson Lloyd who achieved a Wellington record (13 year old boys) in his 200 IM in an impressive time of 2.20:05. Well done Bronson!!

Thank you to all our wonderful volunteers who gave up their time to be a referee, an IOT or a timekeeper and our coaches who supported our swimmers. Our swimmers would not have these opportunities without you.

Just one reminder for swimmers attending future meets, could you please let one of the team managers know when you are leaving, the team manager is responsible for you throughout the meet and we do like to say good bye to you before you leave.

It was a pleasure to be part of your meet
Angela Reiher and Yvonne Pugh
Team Managers

Swim Wellington Relay Championships 2016
Managers' report

Swim Wellington Relay Champs 25 June:

The Swim Wellington Relay Championships is a Long Course (50m pool) meet held annually where the Regions clubs have the opportunity to compete against each other in a variety of relay events across age groups ranging from 9 & under to Masters.

This year's event was the biggest for some years and had Naenae Pool packed to capacity.

PCA had enough swimmer entries to be able to enter 17 teams in 9 events with 33 swimmers entered.

This meet is all about team racing, when swimmers race for and support their club in the hope of winning the trophies and medals on offer. Swimmers often find that little bit more energy from the hype and with encouragement from Coaches and Managers and huge amount of cheering from team mates swimmers often pull something special out of their bag of tricks.

There were no exceptions this year with great performances across all events, a lot of determination and a whole lot of fun.

PCA won 3 medals on the night winning 2 Gold in the 13 & Under events (4X50m - 200m IM & Freestyle) and a Bronze (5X100m - 500m Freestyle)

Event 1- Bronze (1 swimmer from each age group) - 5X100m - 500m Freestyle

Kiah Kaulave (9YO) swum the bravest of 100m freestyle swims, swimming first and completing the 100m with her goggles half on half off from the dive, you wouldn't have known as Kiah didn't even flinch swimming a great 100m 1st leg, Katie Jones, Bronson Lloyd, Jacob Reiher and finally Ben Walsh all powered in great performances to bring the team home in 3rd. Special thanks to Ben Walsh for making a team entry possible in this event by coming out for just the 1 race.

Event 4 - Gold – 13 & under 200 IM (4X50m Medley)
All 4 swimmers were at their best in this race with Bronson Lloyd starting with a scorching Back Stroke leg,

Luke Martin following with a fantastic Breast Stroke, Georgia Wills with one of the swims of the night, keeping older swimmers at bay in the Fly and Max Drummond smashing in a Freestyle to pass Swim Zone and take the gold. A great team effort.

Event 10 - Gold – 13 & under 200 Freestyle (4X50m)
Max Drummond lead off with another smoking hot 50 Free, Georgia Wills & Jamie Mason-Jones anchored the middle 2 legs with great swims before Bronson Lloyd brought the team home from 3rd into 1st place, splits ahead of Swim Zone. Exciting.

Coaches phrase – The entire PCA team of 33
A huge amount of effort and determination was shown by each and every member of our team, your coaches were proud of the fantastic performances you put in and the smiles suggested you had a great experience.

Managers Appraisal and thanks – From Phil & Andy

Wow, what a night, relay events are always a heap of fun for the swimmers and this event proved to be no exception, smiles on all the swimmers and cheering equal to a 737 taking off made for a fun night for all involved.

Special thanks to Andrew Wills and Lorraine Jones for the great job you both did at each end of the pool ensuring, particularly the younger swimmers, were all in correct relay order.

To our dedicated team of officials, thank you for giving up your time, these events couldn't be run without you.
Coaches – You rock, hard work all week and here you are helping and supporting your swimmers on a Saturday night, your commitment and dedication to ensuring our swimmers realise their potential is truly appreciated.

Coastlands Classic Signature Meet 2 July 2016:

PCA's team at this Raumati Swimming Club hosted event consisted of 14 swimmers, a Team Manager and both our Senior and Junior Squad Coaches. PCA also provided timekeepers and several race officials. It was a good night of racing that started off with Seth Wilson leading the land warm-up (it was a bit chilly outside!) before everyone got in the pool and tried to work out how to swim straight backstroke under the criss-crossed Coastlands Aquatic Centre roof!

There were a few problems with the timing system which had the meet revert to manual timekeeping (3 timekeepers per lane). Although the timing board didn't show it, all the swimmers times were recorded and racing got into a normal rhythm.

In the pool it was easy to see the effort put in by our swimmers - many returning from their race elated but gasping - having left 'everything in the pool'. These are the performances that we as parents are most proud of, regardless of the time achieved or target aimed at - its when the effort and commitment shines through and the

sense of achievement beams from young faces. There were plenty of personal bests to be proud of too and a number of new qualification times for Winter Champs. Congratulations to our whole team - swimmers and coaches.

Thanks to our swimmers' parents and caregivers for your support - it can't be said enough - without you helping out at meets and bringing your competitors to the events, swimming competitions just would not be possible.

Murray Pugh
Team Manager

Gold Coast Tawa 9 July:

A big thank you to all our PCA families for their help and support last night - especially those who stepped up and filled the empty time keepers chairs. At Gold Coast the duties are shared between the four clubs but when Kapiti doesn't attend (they went to a meet on Manawatu) and Raumati sends a very small team for very new swimmers, the plan doesn't work.

In the end we are there for our swimmers, and it was great to see a number of very big PB's coming through - hopefully there were some more or improved qualifying times for the Winter Champs amongst them. Well done to the new swimmers and those swimming new events - some of those times were impressive.

Tawa won the Best time trophy with 68% of their swimmers achieving PB's - PCA scored an impressive 60%

PCA had a couple of No Shows - always disappointing given the effort that goes on behind the scenes to enter a swimmer.

Some work needs to be done by those who were Dq'd - especially those have been around for a while and should know better - Dq'd swimmers please discuss these with your coach. (I have the Dq slips for those in the club lanes)

Hopefully William Hall had a good sleep and is feeling better!

Thanks to Rhonda, Bryan, Terry, Brent and Eileen - for filling key positions

Thanks
Viv

Subscriptions:

The membership year begins on 1 July, and subs for the year are:

\$160 for club swimmers

\$110 for squad swimmers

(those swimming with Nevill in the Senior Squads, or Robin in the Orcas, Swordfish I & II, Penguins and Seals).

Subs can be paid directly into the PCA bank account 030547-0205093-00 – please use the swimmers name as a reference, or can be paid at the duty desk on a Monday or Friday night, or left in a named envelope in the black letterbox on our storeroom door.

Annual Subs are due on 1 July and should be paid as soon as possible.

For new members joining during the year the sub is pro-rated based on the month of joining, and if the swimmer is a squad or competitive swimmer. These rates are available from the Treasurer or the Committee Member on the desk on Monday and Friday club nights.

Swimmers are required to be financial members to enter swim meets and attend training nights (club and squad) and to attend and vote at the AGM or other club meetings.

Some leeway will be provided for the attendance at training as long as the annual sub is paid by 31 July, within four weeks of joining if a new member, or are on an agreed payment plan and no payments have been missed.

There is no leeway for entering swim meets or being able to vote at club meetings. You must be a paid up member to participate in swim meets and club meetings.

Any family wishing to spread their payments should contact our treasurer on 021-247-7730 or e-mail treasurer@swimporirua.co.nz to make an arrangement.

Club Contacts:

President (Viv Morton)234-7071
Secretary (Libby Lucas)021-057-5197
Treasurer (Murray Pugh)021-247-7730
Race Secretary (Keri Martin)021-150-0063
Club Captain (Terry Laws)021-192-2214
Squad Liaison
 Junior Squad (Jeremy Drummond)021-729-228
 Senior Squad (Adele Lloyd)027-244-3035
Officials Co-ordinator (Adele Lloyd)027-244-3035
Uniforms (Andrew Wilkinson)021-986-533
Newsletter e-mail info@swimporirua.co.nz